

DEPARTMENT OF THE NAVY

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COMNAVAIRLANTINST 6100.2A/
COMNAVAIRPACINST 6100.4
NAVAIRLANT N02M
NAVAIRPAC N01M

JAN 10 2000

COMNAVAIRLANT INSTRUCTION 6100.2A/
COMNAVAIRPAC INSTRUCTION 6100.4

Subj: HEALTH PROMOTION PROGRAM

Ref: (a) SECNAVINST 6100.5
(b) SECNAVINST 5100.13A
(c) OPNAVINST 6100.2
(d) OPNAVINST 6110.1D
(e) BUMEDINST 6110.13
(f) BUMEDINST 6200.12

1. Purpose. To provide policy and guidelines for the Commander, Naval Air Force, U.S. Atlantic Fleet and Commander, Naval Air Force, U. S. Pacific Fleet Health Promotion Program. This program encourages healthy lifestyles which result in increased productivity, greater military preparedness and reduced medical costs. This instruction contains extensive revisions, additions and deletions, therefore individual paragraph markings noting this fact have not been included.

2. Cancellation. COMNAVAIRLANTINST 6100.2

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3. Background. NAVAIRLANT/NAVAIRPAC Force Medical has a responsibility to its staff, crewmembers of aircraft carriers and air wings to maintain and encourage a high state of health and military readiness. Approximately 50% of all deaths and illnesses in the United States relate to unhealthy lifestyle habits; primarily poor diet, lack of exercise, alcohol abuse, tobacco abuse and unmanaged stress. Additional compromises to health and productivity result from undiagnosed or inadequately controlled hypertension, elevated cholesterol levels, and lower back injuries. Positive lifestyle and behavioral changes should result in optimal health, an enhanced quality of life and improved combat readiness for our Sailors and Marines so they are physically and mentally ready to carry out their mission worldwide.

4. Responsibilities:

a. The Commanding Officer/Wing Commander shall appoint a Health Promotion Program Officer (HPPO).

b. The Health Promotion Program Officer shall:

(1) Coordinate a systematic approach to health promotion with assistance from on-the-scene active duty, reserve and civilian subject matter experts. The forum for this interaction will be a Health Promotion Council.

(2) Act as liaison between the Commanding Officer/Executive Officer and departments for issues that deal with health promotion.

(3) Assist organizational elements in health promotion and risk reduction interventions targeted to reduce morbidity, decrease disability and decrease mortality due to specific disease or injury risks in defined population.

(4) Oversee and assist the activities of the Command Fitness Coordinator and the Physical Readiness Training (PRT) Program.

c. Department Heads of organizational elements listed in paragraph 5d shall nominate a representative for the Health

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Promotion Council. The nominee should be a responsible, healthy lifestyle oriented member. The Commanding Officer shall appoint the members to the Health Promotion Council.

d. Squadrons need not establish a council. The squadron HPPO shall establish a close working relationship with the local MTF Health Promotion Coordinator and other shore based health promotion/wellness organizations to ensure squadron personnel are aware of these available resources. A health assessment shall be conducted on each individual of the command at least annually.

5. Policy:

a. A Health Promotion/Wellness Council will be established aboard each NAVAIRLANT/NAVAIRPAC ship. The council will work together to provide information, motivation and education to create and maintain a command environment that actively supports health promotion and disease prevention.

b. The Command Health Promotion Program Officer will serve as chairperson of the Health Promotion Council.

c. The council will meet a minimum of quarterly or at the call of the chairperson.

d. The members will include representatives from the following areas:

- (1) Medical Department
- (2) Dental Department
- (3) Drug and Alcohol Program Advisors (DAPA)
- (4) Food Services Department
- (5) Command Fitness Program
- (6) Public Affairs Office
- (7) Morale, Welfare and Recreation (MWR)

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(8) Training Department

(9) Safety

(10) Chaplain's Office

e. Per reference (a), a successful health promotion program shall include, but not be limited to the following program priorities and elements:

(1) Physical Fitness: Provides all members with opportunities and incentives to establish healthy and active lifestyles. The MWR and the Command Fitness Coordinator will collectively offer programs for physical conditioning. A mandatory fitness program will be made available for military personnel who have failed to meet Navy PRT standards.

(2) Tobacco Use Prevention and Cessation: NAVAIRLANT/NAVAIRPAC ships are smoke-free except for designated areas. Professional assistance and encouragement will be available to assist in resolving tobacco/nicotine dependence. Tobacco cessation classes will be offered.

(3) Alcohol and Drug Abuse Prevention and Control: The DAPA performs initial screening and oversees aftercare programs for staff and crew members in need. In addition, the DAPA acts as a referral resource and disseminates information and education through awareness seminars, ship's television and command newspaper articles.

(4) Back Fitness and Injury Prevention: The Medical Department and Safety will provide information and classes on development and maintenance of proper back habits and establishing a safe work environment to reduce injury. Mandatory back injury prevention training will be given at command orientation.

(5) Stress Management and Suicide Prevention: Stress management workshops will be available for all members to reduce environmental and organizational stresses and improve stress-coping skills. The Medical Department can provide referrals for appropriate intervention for stress management.

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(6) Hypertension Screening, Education, and Control: High blood pressure screening, education and control is a command-wide responsibility for the early identification of high blood pressure. The Medical Department will provide routine screening and screening-on-request, plus information on lifestyle factors and the dangers of hypertension for all personnel.

(7) Nutrition Education and Weight/Fat Control. Food Services will provide education to the ship personnel on maintaining dietary habits which contribute to good health, disease prevention and weight control. The Food Service Department will provide healthy menu options along with information consistent with current nutritional guidelines.

6. Program Evaluation. The Command Health Promotion Program will be evaluated as part of the overall command Medical Readiness Assessment by COMNAVAIRLANT/COMNAVAIRPAC Force Medical. Documentation of health promotion programs and activities must be maintained by the Command Health Promotion Program Officer.

7. All shipboard and squadron personnel are ultimately responsible for their own lifestyle choices and physical readiness. All members shall be familiar with the provisions of this directive.



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